

Full Report (All Nutrients) 01264, Ice cream bar, stick or nugget, with crunch coating

Report Date: July 16, 2017 18:10 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	26.0 pieces 95g
Proximates					
Water	g	35.48	--	--	33.71
Energy	kcal	358	--	--	340
Energy	kJ	1497	--	--	1422
Protein	g	2.11	--	--	2.00
Total lipid (fat)	g	25.26	--	--	24.00
Ash	g	0.41	--	--	0.39
Carbohydrate, by difference	g	37.12	--	--	35.26
Fiber, total dietary	g	1.1	--	--	1.0
Sugars, total	g	21.05	--	--	20.00
Minerals					
Calcium, Ca	mg	63	--	--	60
Iron, Fe	mg	0.00	--	--	0.00
Magnesium, Mg	mg	11	--	--	10
Phosphorus, P	mg	57	--	--	54
Potassium, K	mg	71	--	--	67
Sodium, Na	mg	84	--	--	80
Zinc, Zn	mg	0.32	--	--	0.30
Copper, Cu	mg	0.031	--	--	0.029
Selenium, Se	µg	4.0	--	--	3.8
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.043	--	--	0.041

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	26.0 pieces 95g
Riboflavin	mg	0.069	--	--	0.066
Niacin	mg	0.548	--	--	0.521
Pantothenic acid	mg	0.303	--	--	0.288
Vitamin B-6	mg	0.106	--	--	0.101
Folate, total	µg	3	--	--	3
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	3
Folate, DFE	µg	3	--	--	3
Choline, total	mg	45.0	--	--	42.8
Vitamin B-12	µg	0.09	--	--	0.09
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	35	--	--	33
Retinol	µg	35	--	--	33
Carotene, beta	µg	5	--	--	5
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	105	--	--	100
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	2.25	--	--	2.14
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.1	--	--	0.1
Vitamin D3 (cholecalciferol)	µg	0.1	--	--	0.1
Vitamin D	IU	3	--	--	3
Vitamin K (phylloquinone)	µg	22.3	--	--	21.2
Lipids					
Fatty acids, total saturated	g	17.895	--	--	17.000
4:0	g	0.414	--	--	0.393
6:0	g	0.244	--	--	0.232
8:0	g	0.122	--	--	0.116
10:0	g	0.271	--	--	0.257
12:0	g	0.316	--	--	0.300
14:0	g	1.192	--	--	1.132

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	26.0 pieces 95g
15:0	g	0.101	--	--	0.096
16:0	g	11.671	--	--	11.087
17:0	g	0.058	--	--	0.055
18:0	g	3.483	--	--	3.309
20:0	g	0.016	--	--	0.015
22:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	1.173	--	--	1.114
14:1	g	0.006	--	--	0.006
15:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.027	--	--	0.026
17:1	g	0.002	--	--	0.002
18:1 undifferentiated	g	1.137	--	--	1.080
20:1	g	0.001	--	--	0.001
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	2.208	--	--	2.098
18:2 undifferentiated	g	2.012	--	--	1.911
18:3 undifferentiated	g	0.190	--	--	0.180
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000
20:3 undifferentiated	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.001	--	--	0.001
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	16	--	--	15
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0